



The Girl Who Couldn't Laugh: The Neuroscience of Stress Management: Secrets of the Brain Transform Your Life (Paperback)

By Fred George Sauer

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FOREWORD INDIES FINALIST 80 of all human disease is related to stress. Every day, stress disrupts individual lives at school, work, and home. Each year, stress costs businesses and the economy billions of dollars in lost productivity. WHAT IF THERE WAS A NEW WAY TO EFFECTIVELY MANAGE STRESS? This book explores the functioning of the human brain and shows why stress is a natural byproduct of the most basic human survival programming. It unravels the mysteries of the subconscious and explains the seeming irrationality and contradictions of the human condition. Most importantly, it shares a new technology that bridges the gap between problems and solutions. It allows you to take control of your stress and thereby improve your well-being, health and success by practicing simple yet powerful techniques that will change your life. HOW TO GET RID OF STRESS If stress ruins your life . if it makes you sick .if you feel frustration, anxiety, fear, burnout .this book is for YOU! Here is why . You learn the latest Neuroscience of stress relief How the brain creates stress deep in your subconscious How you...



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